



Presents

A HOCKEY SAFETY SYMPOSIUM

- 8:30am **Doors Open**
- 9:00am **Welcome**
- 9:15am **Emergency Action Plans in Hockey**
Dr. George Chiampas, Northwestern University
Dr. Chiampas will discuss innovative and simple steps a coach, player, parents and clubs can take and implement in regards to Emergency Action Plans to protect and build a culture of safety in youth sports. He will provide unique and simple measures that can be incorporated across sports.
- 10:00am **Sleep: Why It's Essential for Your Athletic Performance and Health**
Dr. Meeta Singh, Henry Ford Hospital
Dr. Singh will cover a description of the science of sleep and alertness and how they vary in the 24-hour day. In particular, the focus will be the effect of lack of sleep on the teenage brain and overall health. It will also cover simple interventions with a focus on improving alertness and sports performance.
- 10:45am **Appearance & Performance Enhancing Drugs: The Pressure to Perform**
Tavis Piattoly, Taylor Hooton Foundation
Steroid and PED use is rapidly becoming a public health problem. This presentation will teach the audience how to understand the scope of this problem and the social pressures that are driving this behavior; understand where the substances are sourced; become acquainted with resources that are available to identify safe dietary supplements; be able to recognize the side effects and risks; and have a better understanding of dietary supplement regulations, safety, and testing.
- 11:30am **Break**
- 12:00pm **Ensuring Emotional & Psychological Safety in Youth Sports: Avoid the Risk of Threats, Including Bullying and Hazing**
Joe Terrasi, Positive Coaching Alliance
This presentation will discuss the critical need for adults who are involved with youth sports to take special care of athletes' well-being, physically, developmentally, psychologically, and emotionally. Special emphasis will be placed on understanding and combating the specific threats of bullying and hazing.

1:15pm

The Injury Paradigm: Preventing the Preventable

Paul Goodman, Chicago Blackhawks

Injuries will happen. Managing injuries is one component but it is more important to be prepared to prevent injury. We will discuss the topics of preventative performance strength and conditioning for youth hockey players. We will review preventative modalities that enhance performance and keeping athletes in competition.

2:00pm

Concussions in Youth Hockey

Dr. Elizabeth Pieroth, NorthShore University HealthSystem

The audience will learn the signs/symptoms of concussion; when a concussion is a medical emergency; how to best manage a concussion; and when a player can safely return to play. We will also review products on the market that claim to reduce concussions, including hockey helmets and mouth guards.

2:30pm

Closing